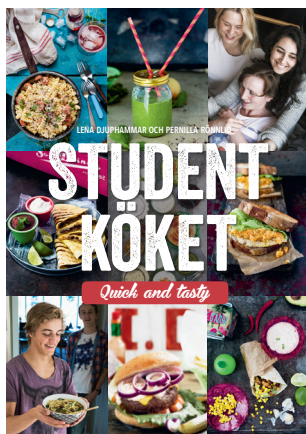


STUDENT COOKING. QUICK AND TASTY



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Why Quick and tasty?

Save my busy day

Fast lifesavers when you are short of time

Wrap it up!

Delicious wraps, easy to knock up

Easy being green

Attractive, green and natural vegetarian food

Chicken in my Kitchen

Easily prepared chicken dishes are a new favourite

Gone fishing

Simple recipes with nutritious fish

Friends & Food

Socialise with friends and cook at the same time

Hello Sweetie!

Sooo good after dinner– delicious desserts and pastries

Studentköket

Lena Djuphammar & Pernilla Rönnlid

210x285, 128p

Cookbook for students

Preparing tasty and nutritious meals from scratch doesn't have to be hard, or take a long time.

This is a cookbook for students who want to prepare tasty and nutritious food and need some tips and advice on the way – how to handle a filet of chicken and give a lift to your food. If you're fed up of takeaway meals and want things to be quick between training, studies and other activities too, there are sections here on superfast food – omelette in the microwave, toasted sandwiches ...

Circa 60 recipes och many inspiring chapters:

Save my busy day • Easy being green • Gone fishing • Wrap it up • Chicken in my kitchen • Hello Sweetie • Friends and food ...

There are also tips on what you can do with your leftovers and fun ways to prepare meals with friends. And the little extras are not left out – smoothies, dip sauces and tasty desserts.

About the authors



Lena Djuphammar is a photographer and graphic designer. She has worked for H&M and Åhléns and specialises in food photography.

Pernilla Rönnlid is a journalist and photographer. She has written and made photo reportage for several magazines and has health as an area of special interest.